Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of cereal with milk and dry fruits Bagel with spread Gluten, milk	Selection of cereal with milk and dry fruits Toast with spread Gluten, milk	Selection of cereal with milk and dry fruits Crumpet with spread Gluten, milk	Selection of cereal with milk and dry fruits Toast with spread Gluten, milk	Selection of cereal with milk and dry fruits Muffin with spread Gluten, milk
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Chicken or vegetable burgers with homemade chips and vegetables	Roast lamb with mashed potatoes, vegetables, and gravy	Quorn chicken nuggets with mixed vegetables and boiled potatoes	Pasta bake with garlic bread	Quorn Chilli con carne with rice
	Fruit cocktail Milk	Cake and custard Milk	Rice pudding Milk	Slice of cake Milk, egg, gluten	Strawberry mousse Milk
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips	Selection of fresh fruit or veg with dips
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Selection of Sandwiches	Filled pitta pockets	Tomato soup with buttered roll	Cheese and onion pasties	Pizza
	Seasonal fruit salad	Rice pudding	Fresh fruit	Custard and banana Milk	Yoghurt and mixed dried fruit Milk
Note: Fresh drinking water must be available and accessible at all times.					